

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

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At Aetna Resources For Living, we want to connect you with resources to be the best YOU possible.

On July 1, your MHNNet Employee Assistance Program (EAP) will transition to Aetna Resources For Living. At Aetna Resources For Living, our goal is to enhance the lives of our members and their families both on the job and outside of work. Our caring and committed staff provide counseling support and practical, real-world advice. And are available 24/7, 365 days a year.

Aetna Resources For Living shifts the way that individuals and organizations interact with their EAP. By building upon our experience and expertise in behavioral health, employee assistance and worklife, Aetna Resources For Living focuses on all psychosocial factors — health, career and lifestyle priorities — which individuals and organizations face every

day. Our evidence-based methods provide better solutions to transform issues into overall well-being.

What's in a name?

Most people think of an EAP as a place to call when they have a crisis or an urgent need for emotional or mental health support. Aetna Resources For Living removes the stigma that often comes with the term EAP. The name reflects that we are a resource to help members live happier, healthier and more productive lives.

Free, confidential support

Aetna Resources For Living focuses on the whole picture. We're here for all of your needs, 24/7. We can help you:

- Balance work and life
- Find family resources, such as child and elder care
- Connect with a licensed behavioral health provider
- Receive legal and financial consultation
- Achieve your goals

By improving individual well-being, the health, productivity and well-being of the organization improve too. Everyone wins!

A website that meets your needs

You can't turn on the TV or open a magazine without seeing a feature on worklife balance. But, in truth, achieving balance in our complex lives isn't easy. Many of us feel like we're just barely keeping up with responsibilities at home, work, school or in our community.

That's where Aetna Resources For Living can help. Our member website, called My Life Values, has hundreds of practical articles to help our members find a bit of balance in their lives. The site has everything from tips on managing stress to finding the right preschool. And it's available today! You can find:

- A user-friendly interface
- Lots of easy to find content
- Self-help quizzes
- Provider searches for child care, elder care, schools and more

Aetna Resources For Living,
real solutions for real life.

Call or visit us online today.

Aetna Resources For LivingSM is the brand name used for products and services offered through the Aetna group of subsidiary companies. The EAP is administered by Aetna Behavioral Health, LLC. In California for Knox-Keene plans, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.

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